

# Adaptive / Inclusive Program Opportunities

## Adaptive / Inclusive Program Opportunities



regularly used in the hiking program, although new parks are added each year.


**Blue Hills Reservation**, Milton  
**Breakheart Reservation**, Saugus  
**D.A.R. State Forest**, Goshen  
**Dunn State Park**, Gardner  
**Middlesex Fells Reservation**, Stoneham  
**Mt. Greylock State Reservation**, Lanesborough  
**Mt. Tom State Reservation**, Holyoke  
**Quabbin Reservation**, Belchertown  
**Robinson State Park**, Agawam  
**Spectacle Island**, Boston Harbor  
**Walden Pond State Reservation**, Concord  
**Wendell State Forest**, Wendell

[More Programs Inside](#) ➡

Massachusetts is unique in offering adaptive recreation programs year-round and statewide. Structured programs feature adaptive recreation equipment, professional staff and lifeguards as well as instruction and individual support as needed. Staff and volunteers are trained in disability awareness, sighted-guide technique, transfers, equipment adaptations and other methods to create an environment of support, as well as a fun and safe experience for all. Programs are inexpensive or free. A signed liability waiver is required.

Many individuals with disabilities from Massachusetts and nearby states use the programs regularly. Some move beyond the Universal Access Program to acquire their own adaptive equipment, use the parks more independently and advance to other adaptive recreation opportunities throughout New England and beyond. Friends, families, and others are always welcome to participate in Universal Access Programs alongside participants with disabilities.

### Hiking

 Assistive equipment and teamwork help people of all abilities explore hiking trails and nature's beauty at a leisurely pace. Adaptive equipment includes mountain wheelchairs, push joggers, walkers, hiking sticks and gait belts. These programs often include nature interpretation and other activities from May through October. Hikes may be on easy, moderate or challenging terrain and vary from a quarter mile to two miles in length. The following parks are most

[www.mass.gov/dcr/universal\\_access](http://www.mass.gov/dcr/universal_access)

**Welcome** to the Massachusetts Department of Conservation and Recreation (DCR). With approximately 450,000 acres of forests, parks, conservation areas and water resources, the DCR offers one of the largest conservation and recreation systems in the nation. The DCR's Universal Access

Program is dedicated to providing all visitors equal access to the experience of outdoor recreation in Massachusetts state parks, regardless of an individual's ability. By providing specialized adaptive recreation equipment, offering accessible recreation programs, and working to ensure outdoor environments are accessible to all, the Universal Access Program hopes that visitors of all abilities will take advantage of the tremendous natural resources and recreation opportunities available in Massachusetts.




## Universal Access



*Outdoor recreation opportunities for people of all abilities in Massachusetts State Parks*

### Boating

 Kayaking, canoeing, sailing and rowing programs are offered every summer. Boating, as an active or passive participant, brings a new perspective on the landscape and a sense of tranquility and connection with nature. Kayaking is the most popular and easiest, canoeing offers a sense of exploration, rowing can provide wonderful exercise, and sailing challenges us to work with the wind. Most programs take place on ponds or lakes. River opportunities are offered for experienced paddlers. The following parks are used regularly for boating programs, with occasional programs at other parks not listed.




The program offers trained staff and volunteers to ride with participants as needed. Parks listed below offer cycling programs or rentals of some styles of adaptive bikes. Those with an asterisk \* are used as program locations. Those with a phone number offer rentals (typically of handcycles).

**\*Ashwillecook Rail Trail**, Cheshire  
**Cape Cod Rail Trail**, Brewster 508-896-8200  
**\*Nashua River Rail Trail**, Ayer  
**\*Norwottuck Rail Trail**, Hadley 413-582-0733



**Assistive Listening Devices** are available with advance notice for most programs offered in the parks. American Sign Language (ASL) may be provided with advance notice, depending upon availability of interpreters. If you'd like to make a request, call 413-545-5758 voice or 413-577-2200 TTY.

### Birding

 Birding is offered on a limited basis via volunteers. Birding is made more inclusive through the use of slower introductory pace, portable folding chairs, large print field guides, assistive listening devices and accessible sites at prime times of increased bird activity. Recommended sites for independent or guided birding include:

**Ashwillecook Rail Trail**, Cheshire  
**Belle Isle Marsh Reservation**, Chelsea  
**Blackstone River and Canal Heritage State Park**, Uxbridge  
**Blue Hills Reservation**, Milton  
**Charles River Lake District**, Waltham  
**Great Falls Discovery Center**, Turners Falls  
**Hallbut Point State Park**, Rockport  
**Nickerson State Park**, Brewster  
**Norwottuck Rail Trail**, Hadley  
**Pope John Paul II Park**, Dorchester  
**Quabbin Reservation**, Belchertown  
**Salisbury Beach State Reservation**, Salisbury  
**Sandy Point State Reservation**, Ipswich  
**Webb Memorial Park**, Weymouth

DCR rangers offer interpretive programs at many parks. These free opportunities provide nature walks, sensory tours, animal presentations, historical talks, campfire circles, movies, concerts, special speakers and events. Rangers welcome individuals of all abilities to their public programs. Assistive listening devices are available upon request. Contact parks directly or visit [www.mass.gov/dcr](http://www.mass.gov/dcr) for a schedule of programs and events. Parks listed are recommended for their interpretive programs in accessible settings during the summer season. Those with an asterisk \* offer programs throughout the year.

**\*Blackstone River and Canal Heritage State Park**, Uxbridge  
**Boston Harbor Islands State Park**, Boston  
**Erving State Forest**, Erving  
**Great Falls Discovery Center**, Turners Falls  
**Hallbut Point State Park**, Rockport  
**\*Lawrence Heritage State Park**, Lawrence  
**\*Mt. Greylock State Reservation**, Lanesborough  
**Otter River State Forest**, Winchendon  
**\*Quabbin Reservation**, Belchertown  
**Salisbury Beach State Reservation**, Salisbury  
**Spectacle Island**, Boston Harbor  
**\*Walden Pond State Reservation**, Concord  
**\*Waquoit Bay National Estuarine Research Reserve**, Mashpee

### Interpretive



Accessible fishing piers and fish stocking are well-established in the park landscape. Fishing instruction and adaptive equipment are offered via MassWildlife's Angler Education program, which visits parks throughout the year hosting clinics and festivals. Access to the water varies in the parks. See also Fishing – Places to Go on Your Own. Parks shown below are used regularly by the Angler Education program. For a schedule of fishing programs or to request an adaptive fishing clinic call 508-389-6309 or visit [www.mass.gov/dcr/dtwe/dtwe/dfw/dfweduc.htm](http://www.mass.gov/dcr/dtwe/dtwe/dfw/dfweduc.htm).

**Great Falls Discovery Center**, Turners Falls  
**Harold Parker State Forest**, N. Andover  
**Houghtons Pond**, Blue Hills Reservation, Milton  
**Spot Pond**, Middlesex Fells, Stoneham

### Fishing

Avoid cabin fever by exploring the winter outdoors! Cross-country skiing, snowshoeing, kick-sledding and ice skating are the mainstay of the winter program, with snowmobile rides offered at Wendell State Forest. Sit-sis and seated ice sleds offer options for those with limited mobility, balance or endurance. Many skating programs take place at indoor rinks. The following rinks and parks are typically used each season.

**Asiat Skating Rink**, Brockton  
**Blackstone River and Canal Heritage State Park**, Uxbridge  
**Collins/Moylan Skating Rink**, Greenfield  
**D.A.R. State Forest**, Goshen  
**Flyn Skating Rink**, Medford  
**Leo J. Martin Memorial Golf Course/ Ski Track**, Weston  
**Mt. Tom State Reservation**, Holyoke  
**Sterit Memorial Rink**, Boston  
**Pittsfield State Forest**, Pittsfield  
**Vietnam Veterans Memorial Rink**, North Adams  
**Wendell State Forest**, Wendell

### Winter

- What's Inside . . .**
- Adaptive/Inclusive Recreation Programs**
- Parks with Accessible Features**
- Recommended Experiences**

This brochure highlights the state parks that offer the very best accommodations for visitors who are interested in outdoor recreation, but cannot take access for granted. More park-specific information can be found on-line at [www.mass.gov/dcr](http://www.mass.gov/dcr) or by calling the parks directly. For a free brochure and map of the state park system, please contact:



DCR, Suite 600  
251 Causeway Street  
Boston, MA 02114  
617-626-1250



Photos: DCR Access Program and Kindra Clineff.

For universal access information, reasonable accommodations, and brochures in alternate formats, contact:

The Universal Access Program  
Department of Conservation and Recreation  
40 Cold Storage Drive  
Box 484, Amherst, MA 01004  
413-545-5353, voice  
413-577-2200, TTY  
Or visit: [www.mass.gov/dcr/universal\\_access](http://www.mass.gov/dcr/universal_access)  
A newsletter featuring seasonal program schedules is published twice a year in printed format, on-line, and by request on CD-ROM.

The Department of Conservation and Recreation is an affirmative action, equal opportunity employer. In compliance with the Americans with Disabilities Act (ADA), this information is available in other formats upon request.

Directions and more information on DCR can be found on-line at: [www.mass.gov/dcr](http://www.mass.gov/dcr) or call 617-626-1250 or write DCR, 251 Causeway Street, Suite 600, Boston, MA 02114.

The Massachusetts Department of Conservation and Recreation (DCR) is steward to over 450,000 acres throughout Massachusetts. Its mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources.

Commonwealth of Massachusetts, Deval L. Patrick, Governor  
Timothy P. Murray, Lieutenant Governor  
Executive Office of Energy and Environmental Affairs, Ian A. Bowles, Secretary  
Department of Conservation and Recreation, Richard K. Sullivan, Jr., Commissioner



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# Recommended Experiences – Places to Go on Your Own

## Skating Rinks

Skating rinks offer public skating hours with weekday skating being generally quiet. There is typically a modest admission fee for both skating and the rental of conventional ice skates. Some rinks allow or provide supportive devices for skaters on conventional skates who need it. The following rinks are wheelchair accessible and provide one or more ice-skating sleds as indicated.

Town	Rink Name	Phone	Ice Sleds
Auburn	Horgan	508-832-7201	2
Cambridge	Simoni	617-354-9523	3
Boston - Hyde Park	Bajko	617-364-9188	2
Boston - North End	Steriti	617-523-9327	2
Boston - West Roxbury	Jim Roche	617-323-9512	4
Brockton	Asiaf	508-583-6804	3
Franklin	Pirelli / Vets	508-541-7024	2
Greenfield	Collins / Moylan	413-772-6891	2
Holyoke	Fitzpatrick	413-532-2929	4
Medford	Flynn	781-395-8492	2
Milton	Ulin	617-696-9869	2
Newburyport	Graf	978-462-8112	1
North Adams	Vietnam Vets	413-664-8185	3
Plymouth	Armstrong	508-746-8825	2
Quincy	Shea	617-472-9325	2
Revere	Cronin	781-284-9491	2
Springfield	Smead	413-781-2599	4
Taunton	Alexio	508-824-4987	2



## Trails

Any rail trail is a safe bet if you seek a paved level experience for access to natural areas and/or exercise. Several parks offer wheelchair accessible trails in scenic locations and/or quiet natural settings – a few of the most recommended are described below. If you seek more challenging experiences on conventional hiking trails and would like specific recommendations for your area, please call 413-545-5758.

**Belle Isle Marsh Reservation**, Chelsea – 0.5 mile stonedust loop trail offers boardwalk access to the salt marsh, benches, dynamic birding and views of aircraft flying into Logan airport. No restrooms. 617-727-5350

**Breakheart Reservation**, Saugus – 1 mile paved forested roadway to Pearce Lake with moderate grades.

**Charles River Lake District**, Moody St., to Prospect St., Waltham – 0.5 mile riverside trail connecting Waltham Center with an accessible canoe launch.

**D.A.R. State Forest**, Goshen – 0.5 mile forested stonedust trail along Highland Lake with benches and three accessible fishing piers.

**Dunn State Park**, Gardner – 0.75 mile stonedust trail loops through the forest.

**Lynn Shores Reservation/Nahant Causeway**, Lynn – wide, 3 mile paved pedestrian recreation path with views of ocean bay and beach access.

**Mt. Greylock State Reservation**, Lanesborough – 0.25 mile loop trail at summit of Massachusetts’ tallest peak has spectacular views.

**Mt. Tom State Reservation**, Holyoke – 0.5 mile forested loop trail along Lake Bray with 2 accessible fishing piers.

**Pittsfield State Forest**, Pittsfield – 0.75 mile paved Tranquility Trail through the forest crosses a brook and has an optional audio tour component.




# Selected Parks – Places to Go on Your Own

### CHART CODES


- Accessible:** Meets all codes and guidelines for accessibility.
- Fair Accessibility:** Meets many of the ADA standards with few barriers. Some visitors with disabilities may require assistance.
- Minimal Accessibility:** Does not meet ADA standards and has significant barriers. Many/most visitors with disabilities will need assistance.

**NA** Not available or not applicable.

This chart highlights a selection of most recommended parks for accessible visitation. Each offers accessible attractions though not all park features may be accessible. If you have any questions or hesitation prior to visiting, call the park in advance to verify conditions.



Beach wheelchairs are now available at more DCR facilities than shown in the chart at right. Please visit [www.mass.gov/universal\\_access](http://www.mass.gov/universal_access) for more locations. Call in advance to reserve beach wheelchairs (to ensure one will be available for your visit.)



Many of the Boston area parks can be reached by public transportation. For information on public transportation to the sites listed, check with the Massachusetts Bay Transportation Authority website at [www.mbta.gov](http://www.mbta.gov)

	Restrooms	Visitors Center /Contact Station	Interpretive Program	Trail Opportunity	Picnicking	Swimming	BeachChair #
<b>WESTERN</b>							
<b>Ashwiltticook Rail Trail</b> , Adams to Lanesborough, 413-442-8928	●	●	NA	●	●	NA	NA
<b>D.A.R. State Forest</b> , Rte. 112, Goshen, 413-268-7098	●	●	●	●	●	○	1
<b>Mt. Greylock State Reservation</b> , 30 Rockwell Rd., Lanesborough, 413-499-4262	●	●	●	●	●	NA	NA
<b>Pittsfield State Forest</b> , 1041 Cascade Street, Pittsfield, 413-442-8992	●	NA	●	●	●	NA	NA
<b>Savoy Mountain State Forest</b> , 260 Central Shaft Road, Florida, 413-663-8469	●	NA	●	●	●	●	NA
<b>CENTRAL</b>							
<b>Blackstone River State Park</b> , 287 Oak Street, Uxbridge, 508-278-7604	●	●	●	●	●	NA	NA
<b>Dunn State Park</b> , 289 Pearl St., Rte. 101, Gardner, 978-632-7897	●	●	●	●	●	●	1
<b>Erving State Forest</b> , 200 East Main Street, Erving, 978-544-3939	●	NA	●	○	●	●	1
<b>Lake Wyola State Park</b> , 94 Lakeview Road, Shutesbury, 413-367-0317	●	●	NA	NA	●	●	1
<b>Mt. Tom State Reservation</b> , 125 Reservation Road, Holyoke, 413-534-1186	●	●	●	●	●	NA	NA
<b>Norwottuck Rail Trail</b> , Amherst – Northampton, 413-586-8706	●	NA	●	●	NA	NA	NA
<b>Robinson State Park</b> , North Street, Agawam, 413-786-2877	●	NA	NA	●	●	●	NA
<b>NORTHEAST</b>							
<b>Great Brook Farm State Park</b> , 84 Lowell Road, Carlisle, 978-369-6312	●	●	●	●	●	NA	NA
<b>Halibut Point State Park</b> , Gott Avenue, Rockport, 978-546-2997	●	●	●	●	●	NA	1
<b>Harold Parker State Forest</b> , 1951 Turnpike Road, N. Andover, 978-686-3391	●	NA	●	●	●	●	2
<b>Hopkinton State Park</b> , 71 Cedar St., Hopkinton, 508-435-4303	●	NA	NA	●	●	●	2
<b>Nahant Beach &amp; Lynn Shore Reservation</b> , Lynn, Nahant, 781-485-2303	●	NA	●	●	●	●	2
<b>Salisbury Beach State Reservation</b> , Reservation Road, Salisbury, 978-462-4481	●	●	●	NA	●	●	12

	Restrooms	Visitors Center /Contact Station	Interpretive Program	Trail Opportunity	Picnicking	Swimming	BeachChair #
<b>SOUTHEAST</b>							
<b>Borderland State Park</b> , 259 Massapoag Avenue, North Easton, 508-238-6566	●	●	●	●	NA	NA	1
<b>Cape Cod Rail Trail</b> , Dennis-Wellfleet, call Nickerson State Park for information	NA	NA	NA	●	●	NA	NA
<b>Fort Phoenix State Reservation</b> , Green Street, Fairhaven, 508-992-4524	●	NA	NA	●	●	○	1
<b>Horseneck Beach State Reservation</b> , Rte. 88, Westport Point, 508-636-8816	●	NA	NA	●	●	○	5
<b>Nickerson State Park</b> , Route 6A, Brewster, 508-896-3491	●	●	●	●	NA	●	1
<b>Scusset Beach State Reservation</b> , 140 Scusset Beach Rd., Sandwich, 508-888-0859	●	●	●	●	●	○	3
<b>GREATER BOSTON</b>							
<b>Artesani Park</b> , Soldier's Field Road, Brighton, 617-727-1058	●	NA	NA	●	●	●	1
<b>Blue Hills Reservation</b> , 695 Hillside Street, Milton, 617-698-1802	●	●	●	●	●	○	1
<b>Boston Harbor Islands</b> , Spectacle Island, 617-223-8666	●	●	●	●	●	○	3
<b>Breakheart Reservation</b> , Forest St., Saugus, 781-233-0834	●	●	●	●	●	○	1
<b>Caddy Park</b> , Quincy Shore Drive, Quincy, 617-727-5118	NA	NA	NA	●	●	NA	NA
<b>Carson Beach</b> , Day Blvd., South Boston, 617-727-5290	●	●	NA	●	●	○	2
<b>Castle Island</b> , Day Blvd., South Boston, 617-727-5290	●	NA	NA	●	●	○	1
<b>Constitution Beach</b> , Orient Heights, East Boston, 781-485-2803	●	NA	NA	●	●	●	1
<b>Esplanade</b> , Storrow Drive, Boston, 617-727-1058	●	●	●	●	●	NA	NA
<b>Pleasure Bay Beach</b> , Day Blvd., South Boston, 617-727-5118	●	NA	NA	●	●	○	1
<b>Pope John Paul II Park</b> , Gallivan Blvd., Dorchester, 617-727-5118	●	NA	NA	●	●	NA	NA
<b>Revere Beach Reservation</b> , Revere Beach Blvd., Revere, 781-485-2803	●	NA	NA	●	●	○	1
<b>Webb Memorial Park</b> , River Street, Weymouth, 781-740-1605	●	NA	●	●	●	NA	NA